

Hoover Aquatics

Programs | Classes

Private Swim Lessons

Private swim lessons are offered on a contract basis at the Hoover Recreation Center by qualified Water Safety Instructors. Lessons are available for all ages and skill levels. Membership and residency requirements apply.

Cost:

Private

Semi-Private

\$30 per half hour • 1 child \$45 per half hour • 2 children
\$60 per half hour • 3 children

For more information contact the Aquatics Manager.

Water Safety Instructor Certification

American Red Cross Water Safety Instructor certification classes are available at the Hoover Recreation Center from January – May. The cost is \$250 per participant.

For more information or to register for a class go to hooveralabama.gov/parksandrecreation.

Lifeguard Certification

American Red Cross Lifeguard Classes are offered at the Hoover Recreation Center from January - May. The cost of the course is \$200.

For more information or to register for a class go to hooveralabama.gov/parksandrecreation.

Health & Safety Classes

American Red Cross and American Heart Association CPR/AED and First Aid classes are offered at the Hoover Recreation Center upon request. Cost varies for each class.

For more information or to register for a class go to hooveralabama.gov/parksandrecreation.

Pool Hours of Operation

Monday – Thursday 5:00 am – 9:00 pm
Friday 5:00 am – 8:50 pm
Saturday 8:00 am – 5:50 pm
Sunday 1:00 pm – 5:50 pm

Aquatics Contact

Ryan Sanders
205.444.7751
sandersr@ci.hoover.al.us



Holiday Hours

November 27 – Closed
November 28 – 8:00 AM – 6:00 PM
December 24 – 8:00 AM – 12:00 PM
December 25 – Closed
December 26 – 8:00 AM – Close
December 31 – 8:00 AM – 12:00 PM
January 1 – Closed



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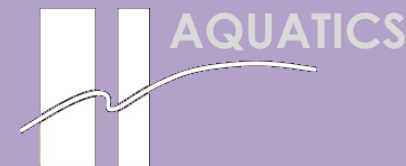
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Parks and Recreation
Hoover
Fall 2014



Dive into Life.



600 Municipal Drive
Hoover, AL 35216

205-444-7703

Pool: 205-444-7775

Pool Hotline: 205-739-SWIM (7946)

hooveralabama.gov/parksandrecreation

Session 5 • NOV. 10 – 20

Preschool 2	5:15pm - 5:45pm	Mon.-Thurs	403100-01
Preschool 3	5:55pm - 6:25pm	Mon.-Thurs	403100-11
Level 3	6:35pm - 7:05pm	Mon.-Thurs	403103-01
Level 4	7:15pm - 7:45pm	Mon.-Thurs	403104-01
Adult Level 1	7:55pm - 8:25pm	Mon.-Thurs	403105-01

ADULT LAP SWIM

Available for ages 12 & up only.

At least 4 lanes available at these times.

Monday	5:00 am – 11:00am	12:30 pm – 7:00 pm
Tuesday	5:00 am – 5:30 pm	
Wednesday	5:00 am – 11:00am	12:30 pm – 7:00 pm
Thursday	5:00 am – 5:30 pm	
Friday	5:00 am – 8:50 pm	
Saturday	8:00 am – 1:30 pm	4:30 pm – 5:50 pm
Sunday	3:00 pm – 5:50 pm	

OPEN FAMILY SWIM

Monday / Wednesday / Friday	9:30 am – 9:00 pm
Tuesday / Thursday	9:30 am – 5:30 pm 7:00pm – 9:00pm
Saturday	8:00 am – 5:50 pm
Sunday	1:00 pm – 5:50 pm



It all begins with Learn-to-Swim.

American Red Cross

AQUA AEROBICS Adult and Senior Water Fitness

Monday – Friday 8:30 am – 9:30 am

If you are looking for a low impact cardio workout, then Aqua Aerobics is for you! The indoor pool water temp is 84°. A full membership is required to participate in this exciting class; however, you may pay \$5 per class if you have a General Membership or Program Pass

Inner Tube Water Polo

Inner Tube Water Polo is a variation on the game of water polo, but requires no experience to play and enjoy. Sitting in inflatable inner tubes, players work together to score goals by throwing a ball into the net of the opposing team. Teams play 6 on 6 (three girls and guys) for two 12-minute halves, making Inner Tube Water Polo both fun and a great workout.

For more information, contact Athletics at 205-444-7754; solbergb@ci.hoover.al.us

Hoover Hurricanes Swim Team

The Hoover Hurricanes Swim Team is offered through our Therapeutics Department. This program is for individuals who have the ability to swim one length of the pool and are interested in improving technique and endurance. Swimmers practice twice a week to develop breathing techniques and improve swim strokes. Participants in this program have the opportunity to compete in a variety of swim meets including, but not limited to, the Hoover Invitational Swim Meet and Special Olympics State Games. This program is open to swimmers of all ages. For more information contact Therapeutics at 205-739-7123 or pinkerta@ci.hoover.al.us

Registration

- ☐ Begins Wednesday, Wednesday, August 13 online and at the Recreation Center.
- ☐ Classes with less than 3 students will be cancelled.
- ☐ Must be a Hoover Resident; membership required.
- ☐ Online registration webtrac.ci.hoover.al.us.

Class Fees

- ☐ \$40

Session Dates

Session 5 • November 10 – 20 | four days a week

Each session = 8 classes;

Not sure what level?

- ☐ Take advantage of our **FREE** swim evaluations.
 - ☐ Second Friday each month.
 - ☐ 7pm; Hoover Rec Pool.



American Red Cross

Authorized Provider